



## 33. Alteburglauf Arnstadt

Arnstadt / 06.05.2011

### Detailed evaluation

**Herzer, Heiko**

Club: LSV Lok Arnstadt

Number: 1518

Course: 10.00 km

Hauptlauf

Category:

Männer M35

Total time: 52:26

Speed: 11.44 km/h

Running performance: 5:14 min/km

Rank in course/Total: 80 (of 120)

Rank in course/Men: 68 (of 89)

Best time in course: 36:14

Rank in category: 8(of 10)

Best time in the category: 41:48